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www.TREmendousTRE.co.uk

**Please prepare for your TRE® online session and
get in touch if you have any questions.**

Check list, you need:

A yoga mat or blanket/thick towel to lie/tremor on

A blanket in case you start to feel cold

A pillow if your neck is strained whilst lying on your back

A wall to lean against

A glass of water

What to wear:

Something loose and comfortable, e.g. jogging trousers and in lighter colours as it's easier to see on screen. Socks, rather than tights, to take them off easily.

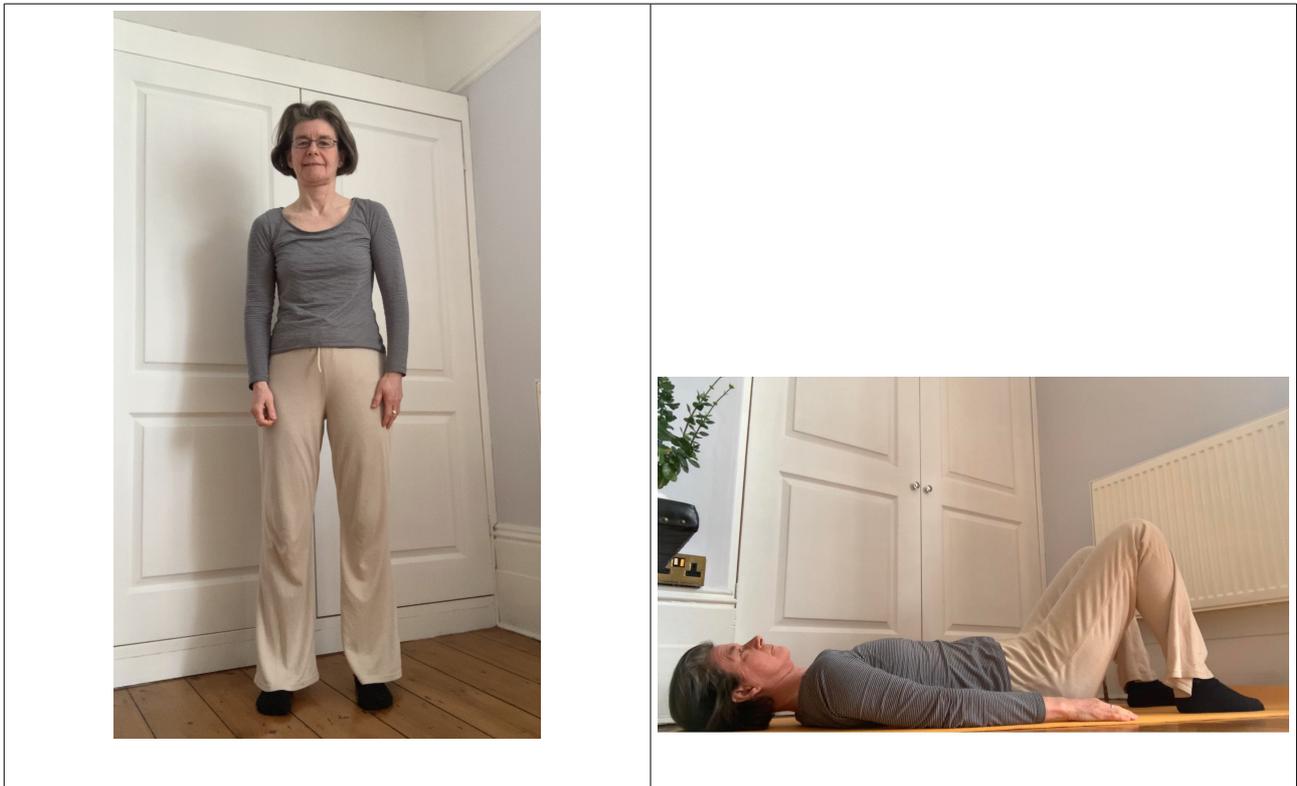
Set-up

We need two camera positions – ideally use a tablet/phone, where you can change from portrait to landscape mode.

For the warm-up exercises (standing), I need to see your whole body while you are standing upright

For the actual tremoring (lying) I need to see your entire body and face (ideally sideways) while you are on the mat.

Please also make sure you can see me on screen



It may sound complicated, but so far, we've always managed to get the set-up right. We have and take the time to get it right and it works best if you have enough room around your mat.

Please also note:

- Find a quiet place, where you can have your session undisturbed
- Leave enough space around your mat for your warm-up exercises
- It's important, as much as possible, to have adequate internet connectivity
- It may be useful to have a support person in your home whom you trust and feel comfortable with, in case support is needed during or after the session
- Please don't rush to your next commitment right after a session, but allow your body to rest (like after a spa treatment)
 - Drink plenty of water afterwards.
- Please get in touch about 24 hours after your first session with some feedback